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Week ending Friday October 23, 2015

IL FUND ON TRACK

By Matthew Stanton

waltham.yellowad.co.uk

A CAMPAIGN group is celebrating after a contract was awarded to firm to carry out electrification works along a 12-mile railway line.

Members of Barking to Gospel Oak Rail User Group have been fighting since 2007 for changes on the line, claiming the current diesel trains are 'seriously overcrowded'.

Network Rail has awarded a £56.9m contract to J Murphy and Sons to electrify the Barking to Gospel Oak railway line. However, work will not start until summer 2016 and that is expected to be finished by June 2017, when passengers in Waltham Forest, Redbridge and Barking and Dagenham will benefit.

Glenn Wallis, secretary of Barking to Gospel Oak Rail User Group, said: "Passengers will continue to be crushed into the existing two-car diesels during the week until next summer.



Cash boost for carers charity

A CHARITY that provides over 4,800 carers in Barking and Dagenham has received a £105,000 grant.

Carers of Barking and Dagenham, based in Heathway, Dagenham, was given the cash boost from the City of London Corporation's charity, City Bridge Trust, to improve support for older carers.

The grant, which will be over three years, is to give helpers over the age of 65 can access support, advice and respite, as well have greater awareness around benefits, finance and housing rights.

Lorraine Goldberg, executive director of the charity, said: "Every year we identify around 1000 new carers and we are delighted that we have received a grant over three years from the City of London Corporation's charity.

"The grant will allow us to work with carers in need of vital targeted information and support.

"We will help them to navigate through a complex health and care system and we will be able to offer a welfare benefits service, one to one carer support and access to range of other services available to carers including peer support groups and training."

The grant from City Bridge Trust will

directly benefit over 300 carers in the borough.

In the past 20 years, the City of London Corporation's charity, City Bridge Trust, has awarded grants totalling a third of a billion pounds to charitable organisations tackling disadvantage in London.



FUNDS: Carers Barking and Dagenham celebrate after receiving a £105,000 grant

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Catering award for Longbridge

A SCHOOL cook has been crowned caterer of the year.

Lisa Morris, cook supervisor at Manor Longbridge School, in Sandringham Road, Barking, won Primary School Caterer of the Year at the EDUcatering Excellence Awards. The awards were held on Tuesday, October 13, at the prestigious Royal Garden Hotel in Kensington, and welcomed over 350 catering profes-sionals to celebrate those who had been shortlisted.

Lisa was nominated for the award because of her success in inspiring young people to grow food, eat and enjoy healthy school meals. She said: "I can't believe this, I am

absolutely over the moon to be

recognised as the best in the UK. I could not have achieved this award without the support of Barking and

Dagenham Catering Services."
Lisa re-designed the school dining experience by creating an al fresco restaurant in the school's courtyard, covering tables with tablecloths and laying cutlery and serviettes to encourage good table manners. She also introduced a new planting and growing scheme to help teach young children where food comes from and has delivered exciting assemblies on the importance of

healthy eating.

The school's menu include new dishes, including Lisa's award-winning Moroccan turkey tagine.



PRIZE: (Left to right) Tony Clifton from Dr Oetker who presented the award, Lisa Morris from Barking and Dagenham Catering Services, Jane Renton, editorial director of EDUcatering Magazine and Tim Baker, headteacher of Charlton Manor who hosted the evening.

Electric train line victory for campaigners

from page one

"The two carriages are packed solid and are leaving people behind in the mornings and evenings. We will be stuck with two carriages for well over a year. There will be more reports of fights breaking out because the trains are too full.

"We are keen to hear from com-muters about what replacement

bus and alternative rail, tube and bus ticket acceptances they would like to see in place during the line closure so we can discuss their needs with TfL."

The Goblin project is to see the old diesel stock trains replaced with cleaner, electric trains

The scheme is also to provide an alternative freight path from the

Thames Estuary docks. In June, transport firm, Bombardier, won the contract to build 45 new trains for London Overground, eight of which are to serve Gospel Oak to Barking post-electrification.

The Gospel Oak to Barking Line, which stops at stations that include Wanstead Park, Leytonstone High Road, Leyton Midland Road, Walthamstow Queens Road and Blackhorse Road, carries both through freight trains and London Overground passenger trains. Network Rail said: ""This invest-

ment will pave the way for longer and more spacious trains transforming rail travel for thousands of people who rely on this route every day."

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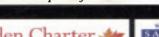
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Hospice's plan to take on 500 more children a year



SERVICE: Mike Palfreman, chief executive of Haven House Children's Hospice. to take on extra children by

By Matthew Stanton

waltham@yellowad.co.uk

A HOSPICE has launched an ambitious plan to take on an extra 500 children a year with

Haven House Children's Hospice's initiative 'Vision 2020 – The Best Possible Life' is looking to increase the care it provides by the end of the decade.

The changes will also see the hospice, which has cared for 329 children since last year, expand its catchment

Mike Palfreman, chief executive of Haven House Children's Hospice, hopes the increase will see more families from the local area accessing the hos-

pice's care services.

He said: "We are providing care and support to more life-limited children and their families than ever before, but it is still the case that not enough families are accessing hospice

care services in our local area. "This may be due to a lack of awareness of the range of services that we offer, or because families are afraid that using a hospice is an acceptance that their child will not outlive

"Yet hospices are here to support children as well as parents, siblings and the wider

"Parents need to know a significant proportion of the care that we provide is respite; it is not predominantly about death and dying.

Haven House Foundation was set up in 1995 to meet the needs of families of children with life-limiting conditions.

In 2000, the lease was

secured on The White House, in Woodford Green, and the building was refurbished. Over the 11 years the hospice has provided care for over 500 families.

For more information visit www.havenhouse.org.uk



SUPPORT: Joanne Lazarus (left), Henry The Hound, Theo (cen-tre), Dean Cox (bottom centre), Aastha Gill (right).

Orient show support for charity walk

Orient sponsored a charity event run

by a hospice.
The Sky Bet League Two club is supporting Haven House Children Hospice's 'Pumpkin Plod', which takes place from The White House, in High Road, Woodford Green, on Sunday, October

The annual family fundraiser will see people walk either 2k, 5k or 10k dressed in

Leyton Orient star Dean Cox said: "I've been coming here

for more than six years and it's great for the club to show our support to the kids and their families.

"We help with fundraising as much as we can through match day collections and other events. Haven House is very close to Leyton Orient's

The midfielder visited the hospice's Holistic Care Centre

on Friday, October 16. Mike Palfreman, chief executive of Haven House, said: "Leyton Orient have been strong supporters of Haven House for many years and it's

pumpkin plod.
"We really value the club's time and commitment to local life-limited children and their families

"Dean has visited the hospice several times before and we are always impressed with his enthusiasm and dedication.

To book your place on the walk visit www.entrycentral.com/pumpkinplod, email events@havenhouse.org.uk or call 020 8498 5849.



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NEWS

ie and trivia on menu a he Crown and Billet pub

A PUB is hosting a twomonth festival to celebrate pies. The Crown and Crooked Billet, in Cross Road, Woodford Green, is offering customers the chance of trying eight different pies until Sunday, November 22.

Guests can even test themselves on pie trivia whilst their dish is being prepared and pie related songs will also be played. The pub's chef will also be featuring a different crumble of the day, anything from the classic apple to rhubarb to the seasonal Victoria plum.

- The oldest known pie recipe was for a rye-crusted goat's cheese and hone in ancient Rome 2,000 years ago.
- Pies first appeared in Britain in the 12th century.
 Fruit pies did not appear until the 16th century.
- The World Custard Pie Championships were first held in 1967 in Coxheath,
- Pie Week is March 5-11.
- Festive mince pies date back to the 13th century when European crusaders returned home from the Middle East.









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School joins in on charity run

A CHIGWELL school took part in a half marathon for Cancer Research UK.

More than 100 parents, staff and former students from Chigwell School, in High Road, ran 13 miles through London's Hyde Park.

The team joined 16,000 others on a scenic route past Green Park, St James Park, the Houses of Parliament and Buckingham Palace.

Gill Punt, Chigwell School's development manager, said: "The adventurous team rose to the challenge magnificently with all completing the race in the glorious sunshine. Aching legs but beaming smiles were the order of the dav."

Last year, the school raised £40,000 for Cancer Research UK.

The school is counting this year's total but staff believe they have raised well over £70,000.



FAMOUS: Gill Punt with Olympic swimming champion Rebecca Adlington

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Police hunt for missing girl

POLICE are appealing for assistance to help trace a missing girl from Chingford.

The Metropolitan Police are looking to locate Shukyrah Allert, who was last seen on Saturday, October 10.

The 13-year-old is 5ft 9inch-

es tall, of a slim build with dark brown afro-style hair and brown eyes.

She wears lighter brown contact lenses. Shukyrah has no tattoos and has both ears pierced.

She was last seen wearing a

khaki coloured draw-string coat, just above the knee length.

Anyone with information is asked to contact Waltham Forest Police on 101, quoting reference number 15MIS040428.





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NEWS

Man faces four murder charges

A BARKING man has been charged with four counts of murder in relation to the deaths of four people.

Stephen Port, of Cooke Street, was charged on Sunday, October 18, with four counts of murder in connection with the deaths of four men between June 2014 and September this

The 40-year-old has also been charged with four counts of administering a poison with intent to endanger life or inflict grievous bodily harm.

The charges relate to the deaths of Anthony Patrick Walgate, 23, who was found dead in Cooke Street, Barking, on June 19, 2014, Gabriel Kovari, 22, from Lewisham, who was found near St Margaret's Church, in North Street, Barking, on August 28, 2014, Daniel Whitworth, 21, who was also found near the churchyard on September 20, 2014, and Jack Taylor, 25, from Dagenham, whose body

was found near Barking Abbey ruins on Monday, September appeared at Port Barkingside Magistrates' Court on Monday, October 19, and entered no plea.

He was due to appear at the Old Bailey on Thursday,

October 22.

The Metropolitan Police
Service has made a voluntary referral to the Independent Police Complaints Commission concerning the

Police issue appeal over burglary

DETECTIVES investigating a burglary at a Chadwell Heath home have identified two men they want to speak to.

Metropolitan Police has just released CCTV images of an incident on Whalebone Lane North on Tuesday, September

Police report that a man climbed over a gate at the rear of the house.

The suspect then went to the rear of the house and was able to gain

entry through on open window. Once inside, he was able to open the front door and return with another man.

The two men then left the home with computer equipment and a drill worth over £700.

Anyone with any information is asked to contact police on 101 quoting reference number 192371 (suspect 1) or 192372 (suspect 2) or Crimestoppers anonymously on 0800



WANTED: Footage of the burglary in Chadwell Heath.

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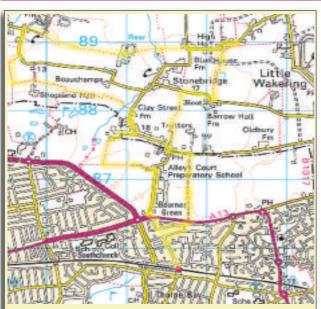
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I Walktheine



WALK 4: Thorpe Bay Station/Shopland Hall Start/finish point: (51.537570, 0.76176000)
Distance: 8.3 miles
Time: 3-4 hrs
Terrain: Mostly flat/easy
History: St Mary Magdalen built in the 12th century and demolished in 1957. The graveyard is just off the footpath, so ask permission from tea rooms (51.56197, 0.73805)

From Thames to Roach

wo landowners asked me where I was going as I tramped the footpaths from the River Thames to the River Roach on Thursday. I'm not sure whether they were being friendly or nosey, but either way, they seemed happy to guide me.

There are no car parks into the wilds that surround Great Stambridge Hall, Mucking Hall, Barton Hall and Roper's Farm. And that's no bad thing, as the walk from Thorpe Bay Station works fine.

In mid autumn, the farmland is a mixture of stubble and freshly ploughed field. Horses and their young riders gallop across bare fields that less than three months ago were draped in summer crops.

The footpath cuts through occasional, but rare woodland. Inside Muckinghall Wood, just west of Gallows Field (lot of horrid history in these parts too) is a fishing lake. Herons fly overhead and rabbits scurry under blackberry vines still sagging in unpicked and rotting fruit.

The trail passes Shopland on the return home. Once a civil parish with its own Norman church and community, almost everything has now gone, including the St Mary



Magdalen. Only gravestones remain, surrounded by snapdragons, violets and white flowering nettles. Services are held once a year to rededicate the site. The graveyard is a worthy resting place, followed maybe by a cuppa and cake at the cafe.

And if someone asks where vou're

going, politely explain you're paying your respects to the past.

 Stephen Neale is an awardwinning, outdoor writer, and is author of Wild Camping, published by Bloomsbury.

lead Steve's walks along the c2c line by visiting www.yellowad.co.uk and searching 'walk the line'

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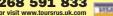
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Saturday, October 24

■ Table Top Sales – St Paul's Community

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per table from £8, to book call 07453

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782726, first come first served.

Tennis – small club in Ilford, we play Sat
pm, Sun am and three weekday
afternoons, over-50s welcome, details Tom
020 8593 4365 or John 020 8592 1609.

Ante-natal Yoga – Quaker Meeting
House, Bush Road, Wanstead, E11, Sat

10am-noon, Mon 6.45-8.45pm, post-natal yoga, Sat 12.05-1.15pm. 020 8923 6452.

Sunday, October 25

■ West Essex Ramblers – meet 10am at the road by Epping Station, 10-mile walk, 020

"Ilford & District C.H.A Rambling Club – morning walk and street festival, meet 10.30am at The Cutty Sark DLR station. Three-mile walk, 020 8926 4593.

Integerfille Walk, U20 92/0 4933.

One Day Workshop – print making, 10am-3pm, Buckhurst Hill Community Association, Bedford House, 4 Westbury Road, IG9 5NW, £24, U20 8504 6668.

Strides Badminton Club – Wanstead Leisure Centre, Redbridge Lane West, 2 2002 pour prestable production.

3.30pm, new members welcome, aged

3.3Upm, new members welcome, aged 18 and over, all levels, details Mark 020 8598 8435 (before 9.30pm).

Sunday Service – Lighthouse Chapel International Church, Outset Centre, Frederick Street, Walthamstow, 11ampm. 07974 108350.

Sunday Services – Kings Road Baptist.

Suriday Services - Kirigs Road Baptist
Church, Chingford (junction of Kings Road
and Scholars Road), 11am and 6.30pm.
Sunday Services - Higher Life Christian
Centre, Forest YMCA, 642 Forest Road,
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Monday, October 26

publication, send the details AT LEAST 10 DAYS before the issue date to: What's On, Yellow Advertiser, Acorn House, Great Oaks, Basildon, SS14 1AH. You can e-mail us at: letters@yellowad.co.uk PLEASE NOTE:

■ Short Mat Bowls – Warren Heath Short Mat Bowls Club, Warren Junior School, Gordon Road, Chadwell Heath, 7pm, details Tony or Heather 01708 340874.
■ Music Listening Appreciation Group – Rectory Library, Rectory Road, Dagenham, 7pm, admission free. 020 8592 8821.
■ Rehearsals – Redbridge Ladies Choir, Palmer Catholic Academy, Seven Kings, 745-9.15pm, new members welcome. 020 8551 9895.
■ Rehearsal – The Roding Players Orchestra, Roding Valley High School, Alderton Hill, Loughton (opposite underground station), 7.15pm, new members welcome. 020 8505 4329.
■ Forest Highlanders Pipes and Drums – St Cedd's Church, Seven Kings, 8pm.
■ Bingo – Friday Hill Community Association, 1975

■ Bingo – Friday Hill Community
Association, Coney Burrows Community
Hall, Friday Hill, E4, 1.30pm.
■ Multi-denominational healing – Redbridge
Healing Centre, IRDSA Hall, Graven Gardens,
Barkingside, IG6 1PS (next to car park,
Fullwell Cross roundabout), 7-9pm, no charge,
07971 536581/556490 or 07821 969405.
■ Yoga Classes – The Peterhouse Centre,
Walthamstow, 1-3pm and Tiptree
Community Hall, Barkingside, 7.30-9.30pm,
call Kay Russell 020 8554 7168.

Tuesday, October 27

■ Stroke Club - Parkside Stroke Club,

Stroke Club – Parkside stroke Club, Parkside Community Centre, Goodmayes Lane, 1.30-4pm. 020 8595 3973. Coffee Shop – Eastern Avenue Baptist Church, East Road, Chadwell Heath, 10am, games, videos, friendship, all welcome. 020 8599 1479.

welcome. 020 8599 1479.

Cibb – Barking and Dagenham 18-Plus, The White Horse Inn, 118 High Road, Chadwell Heath, ages 18-35, 9pm, free trial membership, details Joe 07958 669339.

Duplicate Bridge – Parkside Community Centre, (corner of Goodmayes Lane and Longbridge Road) Barking, 1.30-4.30pm, regret no beginners, call Jim (pref. evenings 5.30-6.30pm) 020 8592 0397.

Rehearsals – Chapel End Savoy Players, St John's Church, Chingford Road, Walthamstow, 8-10pm. 020 7474 7926. Gilibert and Sullivan, songs from the shows, old time music hall. shows, old time music hall,

shows, old time music hall.

Come Sing With Us – Pearl Hiller
Concert Choir, Gants Hill, 1.30-3.30pm,
call Pearl 020 8554 1240.

Chadwell Heath Canasta Club –
Chadwell Community Centre, High Road,
Chadwell Heath, RM6 6AS, 7pm, all

welcome, from beginners (we will teach

you). 020 8599 6638.

Barking Road Runners – Barking Abbey School Leisure Centre, Woodbridge Road, 7.15pm, for experienced or fun runners, over 16 years. 020 8594 4602.

Whist Drive – British Legion Club, llford, 7.45pm. 01708 555478.

7.45pm. 01708 555478.

Line Dancing – Walthamstow Trades Hall,
intermediate, 8-11pm. 07968 036373.

Circle Dancing – King Solomon High
School, Barkingside, 8-10.30pm, no
partners necessary, details 07956 592938.
Square Dancing – American Square
Dance Club, Fullwell Cross Library,
Barkingside, 8-10 30pm, beginners

Barkingside, 8-10.30pm, beginners

■ Tea Dance – Woodward Hall, Woodward ■ lea Dance – Woodward Hall, Woodward Road, Dagenham, mainty ballroom and Latin American, 2-4pm. 020 8592 8402. ■ Folk Dance – Redbridge Folk Dance Group, King Solomon High School, Forest Road, Barkingside, 8-10pm. 020 8559 8505 (ava).

8505 (eve)

850b (eve).

Salsa classes – Latin aboard the Tereza Joanne moored at King George V Dock, E16, 7.30pm. 020 7511 5000.

Fitness classes – Wesley Hall, Methodist Church, Loughton High Road,

10.30-11.45am, safe, fun, low impact. 020 8508 3346

020 8508 3346.

Sahaja Yoga Meditation – 1a Jewel Road, Walthamstow, learn to meditate, relax, destress, free weekly classes, 7.30pm, beginners welcome. 07931 851954.

Yoga Classes – Redbridge Social Centre, rear of 188/190 Beethive Lane, lifered for beginners welcome and produced the control of the contr

Centre, rear of 188/190 Beenive Lane, Ifford, for beginners and mixed ability, 2-3.30pm and 7.30-9pm. 020 8550 0689. ■ St Francis Mother and Toddler Club – Evangelical Church, Fencepiece Road, Barkingside, 1.30-3pm, adults £1,

Belthingston, 1100 - Children free.

■ Duckling Club – Parent and Toddler Group, Ley Street Chapel, 367 Ley Street, Ilford, 10am-noon. 020 8514 1255.

Wednesday, October 28

Badminton player required to join small

Badminton player required to join small friendly group, 8.30-10.30pm Hilly area Walthamstow. 020 8527 7234.

Talking Hands – club for the deaf and hard of hearing, 10.45am-2.45pm, York Room, Ilford Library.

Table Tennis – Forest Community, Guildford Road, Walthamstow, 8pm, now 1970.

members welcome, details Ray 020 8524

■ Friends Club – St Cedd's Church Hall, Blythewood Road, Seven Kings (opposite Homebase), 1-4pm, short mat bowls and

snooker, 50p per session.

what's on

snooker, 50p per session.

Live Blues Jam - Coach and Horses, 391 High Road, Leyton, guests, regulars and house band, £2 listeners, £1 musicians, all welcome, singers and drummers especially, 8.30-11.30pm. 202 8520 2051.

Ifford No. 1 Senior Citizens Club - Royal British Legion, Durban Road, Seven Kings, 12.30-3pm, call Eddie 020 8551 5079.

Social Club - Wanstead House, The Green, £11, quizzes, table tennis, card games, talks, scrabble, 8.30-10.30pm. 202 8514 8046.

Bingo - Royal British Legion Club, 31 Dunton Road, Leyton, 7.30-10pm.

Clairvoyance - Little Ifford Christian Spiritualist Church, Third Avenue, Manor Park, spiritual healing 12.30-1.45pm, services with clairvoyance 2pm and 7.30pm, donations accepted. 020 8514 4030.

Thursday, October 29

Yes, Prime Minister – a comedy by Antony Jay and Jonathan Lynn, until October 24, Theydon Bois Village Hall, Coppice Row, Theydon Bois, CM16 7ER, 8pm, Tickets £8.50, box office 01992 812250.

■ Keep Fit for over-50s – Debden Park

■ Keep Fit for over-50s – Debden Park
Community Association Hall, Willingale
Road, 10,30am. 202 8658 3346.
■ Weekly 'drop in' – friendly people who just
want an afternoon of company. St Andrew's
Church, Church Road, E17 6AR, 2-4pm.
■ Circle Dancing to World Music – Quaker
Meeting House, 1a Jewell Rd, Walthamstow,
2-4pm, £4, beginners welcome, no partner
needed, Pat 020 8556 3508.
■ Ilford Centre Townswomen's Guild, St
Alban's Church Hall, Albert Rd, Ilford, 2-4pm.
■ Wanstead Rotary Club – County Hotel,
South Woodford, 1-2.15pm, call David
020 8989 2701.
■ Barking and Dagenham Friendship

020 8989 2701.

Barking and Dagenham Friendship
Club – Methodist Church, London Road,
Barking, 2-4pm, £1.50, for people who
have had a sad loss. 020 8594 6409.

Rehearsals – Woodford Symphony
Orchestra, 020 8504 7783.

Orchestra, U20 804 / 783.

□ Dagenham Camera Club – Wantz
Library, Rainham Road North, 8-10pm.
020 8252 2934.

□ Forest Creative Writers Group – Jazz
Archive Room, Loughton Library, Traps
Hill, Loughton, 12 45-2.45pm,

■ Friends Club – St Cedd's Church Hall, Bythewood Road, Seven Kings (opposite Homebase), 50p per session. ■ Social Meeting – Redbridge Stroke Club, Loxford Youth Centre, 2-4pm, enquiries 020 8220 5878.





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BRAINTREE:

Motoring



New Avensis to keep fleet boss happy

By Ian Donaldson

BET you couldn't shell enough peas for dinner in 66 seconds. Toyota, on the other hand, produces a new car in that time from its plant near Derby - hour after hour.

Many of them are the new Avensis, for long a core car in the tough world of business transport, where glitz and glamour have to fight their corner against level head-

ed fleet managers.

The driver of the latest Avensis might wish he was really driving a BMW, so looks and driving performance are going to be vital to keep him happy in a rather more everyday machine.

The fleet manager, who selects the cars our driver can choose from, could care not a jot for the sweep of a radiator grille or the

glint of spokes on an alloy wheel. He will be concentrating instead on price, reliability, running costs and resale value when the car is swapped for a new one in three years' time.

Most Avensis models are sold for company use and most are powered by a diesel engine. So no surprise that this new version line-up is heavy with diesels – and carrying Business Edition tags too. Attention to detail from a host of engineers

has produced the new 1.6-litre diesel in the car tested here which makes less pollution than the 2.0-litre it replaces (ditto the new 2.0-litre diesel versus the old 2.2 engine) and



both have stretched service intervals, now 12,500 miles, and cheaper servicing costs over a three-year haul. All of which is music to the fleet manager's ears.

The driver, especially if paying for fuel, will appreciate an eight per cent improvement in the official average consumption; now better

As ever, that's a laboratory-based figure that flatters real world results, but the 55mpg shown on the test car's trip computer is good going for a big saloon with a decent turn of speed.

The new Avensis range starts at £18,085

for an Active grade car powered by a 1.8litre petrol engine, so it's likely to be a rare beast in the UK, where petrol and business use go together like England, rugby and winning. That buys a four-door saloon (Touring Sport estates add £1,180) that comes with safety gear including a pre-colli-sion system that shouts at you if it thinks there's a danger of hitting the car in front and will brake if you don't react quickly potentially halting the car before it hits any-

The Business Edition models add a lane departure alert that alerts a driver if the car

crosses lane markings without signalling. If you find this irritating, preferring to make your own mind up about signals, the system can be disabled.

a camera reading speed limit displays and

posting them to the dash.

Business user-friendly goodies on the Business Edition Plus test car included a fine sat-nav system, excellent reversing camera, DAB radio, 17in alloy wheels, LED head-lamps, part-leather trim and a driver's seat with lumbar adjustment, but not heating.

Hardly anyone bothers with a handbrake at the lights these days and the Avensis won't tempt a driver to show courtesy to the dazzled driver behind, with a tiny parking brake lever hidden in the dash and a nuisance to

Other than that, the latest Avensis looks set for a hard life on the road that both gently pleases its driver and keeps the fleet manager happy or as happy as fleet managers ever are.

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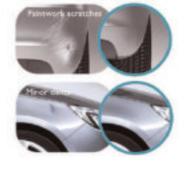
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The nature of the application is as
follows:

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O'S PULL OF ANOTHER **WORDS: Orient** POINT SAV



Luton Town 1 Leyton Orient 1 By Rowland Lyons

at Kenilworth Road JAY Simpson, once again, was Orient's saviour as they battled back to gain an important Sky Bet League Two point against John Still's Hat-

ters on Tuesday night.
Boss, Ian Hendon, made two changes from last Saturday's Oxford draw and continued with Ollie Palmer and Jack Payne, who were influential substitutes in that marvellous comeback.

The O's still had the momentum from the weekend and made a bright start, with Bradley Pritchard and Sean Clohessy dangerous down the

Apart from an early blip that almost saw Adam Marriott bag an unlikely opener - such was the east Londoners' domination - the visitors carried on creating openings and ought to have been ahead on 16 minutes - but loan man, John Marquis, was unlucky to see Mark Tyler pull off a smart save from his close

Orient were well on top, but were left ruing Jack Payne and Sammy Moore failing to hit the target with presentable opportunities.

But, sloppy goals have blighted Orient's season, so far, and on 32 minutes Dan Potts was allowed too much time and space to cross for Marriott to bundle home from six yards as the visitors were looking

for an offside flag.

The O's hit back, but Luton were content to soak up the pressure, although Marquis was well off target after Payne and Palmer had combined.

The boisterous travelling support didnt have wait long - though - as within two minutes of the restart Simpson levelled with his eleventh goal of a burgeoning season in front of goal, after Clohessy pumped in a wicked cross that split the Luton defence. Simpson then got in front of marker, Scott Cuthbert, and drove high into the middle of Tyler's goal.

Despite dominating the possession for the remainder of a very mild evening, Luton created the better chances and Marriott again went close after the O's defence had worryingly again switched off, before Cisak made a rare save to deny Hatters' man-of-the-match, Cameron McGheehan.

Late sub, Dean Cox, showed some good touches, but having lost Palmer to what Hendon described as a 'tight hamstring', the visitors ended the game with one up front, to leave the manager admitting: "It's always a tough, tough place [to come to] and I am most definitely pleased with the point against John Still's side

"I said in my pre-match [interview] it was going to be a tough game - and that's how it turned out.

"Again, we had a few words at half-- a few more than we had last Saturday - to be honest. I was very disappointed in the way we conceded the goal. We keep giving away cheap, sloppy goals. A deflected ball in the box and we didn't get a tackle in.

"But, we came out in the second-half and battled back - again. We are making a bit of a habit of that at the

Hendon paid tribute to Simpson: "He's loving every minute of training and playing, at the moment, and ball in and give him service and he

gets goals."
"You had two teams out there tonight trying to win the game. We didn't sit there and defend. At the end we lost Ollie and it sort of changed how we played. Especially away from home, we need those sort of players."

Hendon concluded: "I think, again, we have created chances and I think we had the better ones to be honest. But, I am very aware we need to keep clean sheets. That is key. It's not for the lack of trying or work on the training ground. We are scoring goals, but we have to keep that back door shut."

that back door shut."

Luton Town: Mark Tyler, Sean Long, Luke Wilkinson, Scott Cuthbert (captain), Dan Potts, Paddy McCourt (Luke Gutteridge 64), Jonathan Smith, Olly Lee (Nathan Doyle 57), Sean Long, Jack Marriott, Craig Mackail-Smith (Josh McQuoid 76), Leyton Orient: Alex Cisak, Sean Clohessy, Mathieu Baudry (captain), Connor Essam, Adam Chicksen, Bradley Pritchard, Jack Payne, Sammy Moore, Jay Simpson, Ollie Palmer (Dean Cox 71), John Marquis (Lloyd James 88), Referee: Tim Robinson Assistants: Lee Vennamore, Christopher Hubbard

Attendance: 8202

Hamlet.

Chelmsford City returned to winning ways in the National League South. Matthew Whichelow scored in each half as the Clarets won 2-1 at Basingstoke Town. Meanwhile Concord Rangers' indifferent start to the campaign continued. The Beach Boys slumped to a 3-0 defeat to Hayes & Yeading United. Josh Scott scored twice for the visitors with former Southend United striker

The big derby match in the Essex Senior League saw Basildon United end leaders Bowers & Pitsea's unbeaten start. Brad Warner and Brad Hunter found the net as the Bees ran out

Stephen Solarin grabbed a hat trick as Southend Manor hammered Enfield 1893 4-

Hullbridge Sports went down 2-0 at Sawbridgeworth Town, while their was nothing between Burnham Ramblers and Tower Hamlets who drew 1-1 at Leslie Field. Selected action in the ProKit UK Essex Olympian League. Alf Lingfield, Jamie

Brown and Darren Burrell found the net as White Ensign won their Premier Division clash at Newbury Forest 3-1. Meanwhile in Division One, Basildon Town triumphed 4-2 at Old Chelmsfordians. Reece Conway (2), Daniel Lee-Wilkins and Jack Main on target for the Newtowner's.

AmD look to run third car in BTCC next season

Motor Sport

AmDTuning.com announced plans to expand its Dunlop MSA British Touring Car Championship programme and launch a three-car assault

on the 2016 season. The West Thurrockbased team made the successful move to become a two-car outfit in 2015 running a second car in five of the ten events - and will now seek to find further expand its involvement in Britain's premier racing series during its seventh season in the championship.

Work has already started on the build of a second Audi S3, which will be fitted with the latest NGTC parts from the BTCC's new technical partner RML.

Subject to being granted third TOCA BTCC Licence (TBL) by series

bosses, the team plans to field two Audis in 2016 alongside the Ford Focus it has campaigned for the past two seasons.

Discussions have already started with potential drivers who are interested in racing with the team next year, with no fewer than half a dozen currently vying for the vacant seats.

The team is also actively seeking to strengthen its engineering team as part of the expansion plans

Team boss Shaun Hollamby said: Mike Bushell, Jake Hill and Nicolas Hamilton did a fantastic job for us in 2015, and we would be keen to have them on board again next

year.
"There are also a number of other drivers who have expressed an interest in joining us for 2016, and we are in discussions over



Non-league round-up

Superb display by Hornchurch

By Brian Jeeves

GEORGE Purcell was once again amongst the goals as AFC Hornchurch produced a superb display on the road to dispatch Wroxham.

Purcell grabbed an impressive hat-trick, while David Knight was also on target as the Urchins won this Ryman League One North contest by four goals to nil in Norfolk.

Thurrock also proved to be away day specialists, thrashing Great Wakering Rovers 4-1 at Burroughs Park. Remi Sutton, David Cowley, Ross Wall and a Jordan Clark penalty ensured the points returned to Ship Lane. Tom Ranger grabbed the villagers' consolation.

Romford saw off Redbridge 3-0, while Anthony Martin bagged the only goal as Tilbury saw off Heybridge Swifts at St Chads Road. But there was disappointment for Barkingside, who despite a brace from Tyrone Scarlett, went down 3-2 at Witham Town.

Elsewhere in Division One North, Aveley slipped to a 3-1 defeat at Soham Town Rangers, and Maldon & Tiptree crashed 3-0

at home to Waltham Abbey.

In the Ryman Premier Division, Joseph Ellul and Loui Hazlewood scored either side of the interval as Billericay Town beat Leatherhead 2-0 at New Lodge. Richard Halle grabbed the only goal at Park Lane as Canvey Island continued their recent good form. Harrow Borough becoming the Gulls' latest victims.

Grays Athletic were in fantastic form, hitting four without reply past Lewes. East Thurrock United played out an exciting 2-2 draw at Bognor Regis Town. Mitchell Gilbey and Sam Higgins with the Rocks' goals.

But it was a bad day at the office for Brentvood Town who crashed 4-0 at Dulwich

In the National League, Braintree Town's recent good run came to an end at Lincoln City. Terry Hawkridge and Liam Hearn grabbed second half goals as the Imps ran out 2-0 winners.

Elliot Benyon grabbing the other.

2-1 winners at the Len Salmon Stadium.

0 at Southchurch Park Arena. Jeff Okirie hit Manor's other goal. Ilford won 2-0 against Newham FC at Cricklefield Stadium, with Barking edged out Sporting Bengal United

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RRP £1999 SAVE £1100 THE PAIR

EXPRESS DELIVERY

Marble table with 6 chairs...



Solid marble dining table with 6 contemporary fabric

THE SET



RRP £399 SAVE £270

OAKINDALE



Solid oak coffee table with 2 drawers and shelf. THE UNIT **FLORENCE**



Double storage bed frame with hydraulic lift in faux leather.

RRP £399 **SAVE £240** THE RED

VERMONT



Recliner armchair in durable suede effect fabric.

> RRP £499 SAVE £300 £199 THE CHAIR

HAMPTON



EXPRESS DELIVERY Solid oak

THE SET

dining table with 4 slatted back chairs. RRP £599 **SAVE £320**

THE SET

BALMORAL



4'6" 2 drawer luxury divan set including 1000 pocket spring mattress. WITH FREE HEADBOARD

EXPRESS DELIVERY

RRP £599 SAVE £320 £279 THE BED

ELEGANT



EXPRESS DELIVERY

4 door mirror combi wardrobe in white gloss. RRP £599 **SAVE £300**

299 THE UNIT

EXPRESS DELIVERY



Extendable black glass dining table with 6 chairs.

VALENTINO



EXPRESS DELIVERY

5 door mirror combi wardrobe with white and mirror detail

RRP £799 **SAVE £400**

CALIFORNIA EXPRESS DELIVERY



3 seater sofa in fabric available in a choice of colours.

RRP £799 SAVE £400

FLORENCE



3 + 2 seater sofas in red luxury leather and leather match with chrome feature feet

RRP £1799 SAVE £900

HAVANA



3 + 2 seater double recliners in full premium grade leather.

THE PAIR

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